

Rachel Berger, MSPT Policies and Procedures

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Services offered:

Physical Therapy:

Manual Therapy, Exercise Prescription &
Rehab based Pilates

Physical Therapy sessions are 50 minutes.

Physical Therapy evaluations are 60 minutes.

Note: Sessions start on the hour or 1/2 hour. If you are late for your appointment, the session will still end 5 or 10 minutes before the hour or half hour.

Pilates:

Equipment (solo or duet)

Mat (classes or solo)

Pilates lessons are 25 or 55 minutes.

Mat Classes are 55 minutes.

Insurance accepted:

Blue Cross Blue Shield, Medicare (and some PPO plans on out of network basis) otherwise, self pay.

If doing rehabilitative Pilates, insurance accepted. Pilates for wellness is self pay.

Rates:

Physical Therapy: \$95.00 if no insurance coverage.

With insurance coverage is patient copay plus \$15.00 craniosacral fee if session is manual therapy based.

Pilates:

Hour solo lesson:

1 = \$75

5 = \$70/lesson

1/2 hour solo lesson:

1 = \$40.00

5 = \$35.00/lesson

Duet (hour)

1 = \$40/person

5 = \$35/person

Cancellation policy:

At least 24 hours notice required. Otherwise, client will be charged a \$50.00 cancellation fee. For insurance clients, insurance **will not** be billed, so copay plus insurance rate will apply. I have a waiting list of clients and am reserving a time slot for you. If I am unable to fill the slot, please expect to be charged for your appointment.

If you are experiencing an illness (fever, cough, cold, stomach bug, or anything else that may be contagious), please let me know, so we can reschedule your appointment.